

# SNACKS & DESSERTS

**ZESTFOREVER**  
PLANT BASED WORLD

# BEFORE YOU BEGIN YOUR PLAN

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Be sure to supplement your diet with 1-2 snacks from the list every day if you feel you need it. Go for low-fat snacks for weight loss.

Men will need 2-3 snacks, as their general calorie intake needs to be higher. An average woman needs to eat about 2,000 calories per day to maintain weight, and 1,500 to lose one pound of weight per week. An average man needs 2,500 calories to maintain his weight, and 2,000 to lose one pound of weight per week. But this also depends on numerous other factors of course, so bear this in mind. This meal plan without snacks is around 15-18,00 calories depending on your portion sizes.

**EAT THE LOWER CALORIE/FAT SNACKS ONLY IF YOU WISH TO LOSE WEIGHT!**

Green smoothie – of banana, spinach, heaped tsp ground flax seeds, 1 x date, low fat plant milk (250 cals).

Couple of squares of dark chocolate of at least 70% cacao solids (60 cals).

Handful of goji berries (80 cals).

Handful of dried fruits and/or nuts – unroasted, unsalted and unsweetened (150 cal).

Blueberry, raspberry or mango nice-cream – 1 x cup of frozen fruits of choice blended with nut milk to desired ice-cream consistency. Just add the milk to your blender very slowly so you don't make it too runny. You can also do the same thing with JUST sliced and frozen, very ripe bananas. OR you can add a banana in with the fruits for a more substantial snack, which will then count as 2 snacks (100 cals with only 1 portion of fruits, 200 cals with 2).

Green superfood powder shots such as spirulina, wheatgrass, barley grass and moringa should be drunk daily as an extra assurance of nutrition (you do not need to count this as one of your actual snacks due to very low calorie content).

Plant based protein shakes. 1 portion as per packet instructions (between 100-150 cals).

1 x cup of mango or pineapple chunks with 2 x tbsp of coconut yoghurt, topped with grated lime zest (cals 150).

1/8th of a fresh coconut (100 cals).

2 oatcakes with 2 x tsp of tahini or nut butter (cals 150).

Handful of homemade trail mix – made from raw nuts, seeds, dried fruits and coconut flakes. Or you can eat your homemade granola as a dry snack too (cals 100-150).

Roasted kale chips – Flatten out your washed and dried kale on a couple of big roasting trays, sprinkle with a little seasoning of your choice (optional), and cook on your oven's lowest setting until crisped and thoroughly dried out. You can also prepare these in a dehydrator, if you own one (cals 50).

Toasted tamari pumpkin seeds – Heat a frying pan or skillet to high heat and add a good splash of tamari or soy sauce, keep heat high then add a handful of pumpkin seeds. Keep on the move with a wooden spoon for a couple of minutes until they are browned and a bit sticky. Serve either hot or cold (cals 150).

Ginger and tamari fried tofu pieces – Cut 100g of plain tofu into 1/2 inch cubes. Add to a hot frying pan with good splash of tamari or soy sauce, then fry your tofu pieces with a sprinkle of ground ginger until crisp and golden on all sides. This is a super HIGH PROTEIN snack! (cals 100).

Roasted spicy chickpeas – Rinse and dry a can of chickpeas in a clean dish towel. Add to a roasting pan with spices (cumin, garlic salt and paprika are a good combo), then roast in a medium-heat oven until dried out and crunchy. Usually takes around 40 minutes, but you can roast them to your own taste. 1 can makes 2 portions (cals 175).

Homemade protein balls. Mix in a blender 1 x cup of dates, cup of desiccated coconut and 1 x cup of almonds, pecans or walnuts until the whole thing sticks together. Add some cinnamon or other spices if you like. Roll into balls slightly smaller than a golf ball and roll in more desiccated coconut or cacao powder to coat. Store in an air-tight container in your refrigerator for up to 1 week. 1 x ball per portion (cals 140).

Fried pineapple - Dry fry in a non-stick pan on a medium heat your 1 x cup of chunkily chopped pineapple until caramelised on all sides. It should turn lovely and sticky on its own without the need for syrups or anything added (cals 80).



# ***Avocado & Chocolate Pudding***



# Avocado & Chocolate Pudding

6

Serves 2

## For The Pudding

- 1 x very ripe, large avocado (chilled is better)
- 1 x tablespoon of cacao powder
- Two tablespoons of nut milk
- Few drops of pure vanilla extract
- Tiny pinch of salt
- 1.5 tablespoons of either maple, agave or date syrup.

You can keep this dish completely whole foods by adding 2-3 whole medjool dates to the mix instead of syrups, but you will need a dash more milk.

## METHOD

1. Add all ingredients to a high speed blender, liquids first so nothing sticks on the bottom. Don't add too much plant milk, as you can always add more as you go to get the right texture.
2. Whizz up until completely smooth.
3. Chill again if necessary and serve. 1 portion of this pudding counts as 2 snacks! (cals 250 per portion).



# ***Banana Ice-Cream***



# Banana Ice-Cream

8

Serves 1

## *For The Ice-Cream*

- 2 x very ripe, medium banana, sliced
- 2-3 tablespoons of coconut yoghurt
- Two tablespoons of nut milk

## *METHOD*

1. Freeze very ripe, sliced banana in a plastic container.
2. In a powerful blender, add a couple of tablespoons of coconut yoghurt/cream with 2 x medium, frozen sliced bananas, then just whizz on high speed until you get an ice-cream texture. Use very ripe bananas for this as it will make all the difference to taste and texture. Eat immediately as this does not freeze well once it's made.
3. You can also add vanilla essence or other flavourings if you like. This counts as 2 snacks (cals 250).



# ***Blueberry Sorbet & Chocolate Chips***



# Blueberry Sorbet & Chocolate Chips

10

Serves 1

## For The Ice-Cream

- 1 x cup of frozen blueberries (the pre-frozen shop bought ones work best)
- 1/2 cup of coconut yoghurt/cream (you may need to keep adding a little more as you go slowly to get the ice-cream texture you are looking for). To make this lower calorie, use plant milk.
- 2 x small squares of dark chocolate chopped small.
- A dash of maple syrup if you prefer it sweeter; it will depend on how sweet your blueberries are. This counts as 2 snacks (cals 250).

## METHOD

1. Add all ingredients to a high speed blender, liquids first so nothing sticks on the bottom. Don't add too much plant milk, as you can always add more as you go to get the right texture.
2. Whizz up until completely smooth.
3. Chill again if necessary and serve. 1 portion of this pudding counts as 2 snacks! (cals 250 per portion).

If you would like anymore information we recommend you join our Private Facebook Group where we can give you all the support you need on a more personal level.

You are free to ask advice, let us know how you're getting on, and also interact with others who will be doing the same plan as you.

You will also have access to speak with a Nutritional Advisor and Personal Trainer. This will help support you further with your program, and most of all keep you motivated and give you ACCOUNTABILITY.

You can also reach us at the website for lots of useful information, Click the icons below for the links.



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